

**Claim.**

The method for regulating the hydraulic resistance of a shock absorber during the operation thereof, which includes forced flow of hydraulic fluid through the small open flow areas from the blind side towards the rod end and the other way, characterized in that the open flow areas are created with varying capacity that is achieved with the use of mutually travelling metering components and is changed through variation of hydraulic pressure differences at the blind side and the rod end that are caused by variation of the load at the shock absorber.